



Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

[NEWSLETTER ISSUE 01 VOL 29 JANUARY 2026]

FOR PHOTOS PLEASECLICK: <https://www.nvk.org.uk>



Thursday Meetings at: Sattavis Patidar Centre, Forty Avenue, Wembley, Middx HA9 9PE

Disclaimer: Navjivan Vadil Kendra is not liable for any personal injury, accident or mishaps that may occur during any of its activities/events/outings

Honorary Patrons

Late Manick Choraria

Late Pranal V Parekh

Jayant U Doshi

Baburaj T Shah

President

Vinod Parekh

Vice President

Vinod Kapashi

Secretary

Purnima Mehta

E-mail:

nvkendra@gmail.com

Joint Secretary

Mahendra Vora

Treasurer

Jayesh Shah

Joint Treasurer

Kishor Doshi

Webmaster

Chiman Sheth

Entertainment

Vinod Kapashi

Kusum Punater

Committee

Ella Shah

Hasmukh Parekh

Karsan Bhudia

Pradip Patel

Shirish Mithani

Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then **Sponsor** a standard lunch for **£551.00**. 5 guests allowed.

Special lunch for **£1500.00** 5 guests.
Guest Fee £10.00

🙏 JAI JINENDRA & JAI SHREE KRISHNA 🙏

Dear Vadil Members,

Welcome to January Newsletter, and wish all our members are keeping well and celebrated nicely saying Good-Bye to 2025. As the weather is much colder now, wrap up warm when going out.

DONATIONS:

08/01: *£31 from Gitaben Mehta on the occasion of the birth of her grandson Yash to her daughter Milli and son-in-law Baiju.

*£31 from Jasumati Harikant Vibhakar on the occasion of becoming a great grandmother to a baby boy.

*Cookie biscuits, at lunch time, were donated by Kirti bhai and Krishna Mehta.

* Desk 2026 Calendars were donated by Oyster Properties for each member.

15/01:*£101 from Laxmiben Devji Meghani on the occasion of her birthday on 11 December and also her husband (non-member) Devjibhai Meghani's 75th birthday on 14 January.

22/01:*Packets of biscuits from Madhuben Gulab Shah.

Kendra's heartiest thanks to all the above DONORS for their kind generosity for sharing their special occasions with us and our best wishes to them.

PROGRAMMES IN JANUARY:

08/01: In the morning yoga was conducted by Nisha Keshani, in the afternoon we played a Bollywood quiz with a twist. All members participated with interest and proved very knowledgeable in identifying Bollywood stars and their baby photos or photos of parts of their face. All enjoyed this quiz with a twist.

15/01:In the morning yoga was conducted by Nisha Keshani, in the afternoon we celebrated Uttarayan/ Makar Sankranti on 15th of January 2026 in the afternoon session. First Vinodbhai Kapashi explained the religious and cultural significance of this festival. He also explained how the Sankranti(transition of the sun occurs in relation to Capricorn. People found this interesting. After this explanation, members were asked to come forward and sing songs of Uttarayan. As traditionally it has become a kite-flying festival, few of our members sang kite

songs.

22/01: In the morning we had yoga by Manishaben, in the afternoon session at about 2 pm, we had Part 2 of 'Anubhav No Vartalabh' we asked our members to come forward and share their experiences with us. We clarified that we would like to hear from you if anything memorable happened in their lives. Either a good /pleasant memory or

bitter/unhappy memory. Anything. Most of the people here have undergone some experience good or bad in their lives. Please come and talk about it.

Many members came forward and narrated their memories. Some were very sad events. Some were cheated, some lost their nearest and dearest ones. They all have either learned to move on and carry on with their life.

29/01: In the morning we had yoga by Manishaben, afternoon programme we celebrated India's independence day on this day. We held a very colourful and joyous procession to start with the programme. Many people joined this procession and chanted slogans like Bharat Mata Ki Jay and Vande Mataram. All were waving the national flag of India. People were full of enthusiasm. After this, a few songs were sung by Malaben Mithani. She sang some famous songs like "Aye Mere Vatan Ke Logo...." In her melodious voice which everyone enjoyed. This added in our tempo and all were very attentive too. One or two other members also sang short songs. The time was very short and we could not invite others to sing songs. Finally we sang the national anthem JANA MANA GANA and finished the programme, it's always a pleasure for our members to participate on this occasion of their mother country.

